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Ouachi-Talk

Ouachita Alumni

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5-6-1994

## Special Edition: Alcohol Abuse Awareness... Prevention through Education

Office of Student Services

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# *The* **OUACHI-TALK** **SPECIAL EDITION**

*Alcohol Abuse Awareness...*

## **Prevention** *through* **Education**

•Don't let this be the reason you stop drinking and driving•



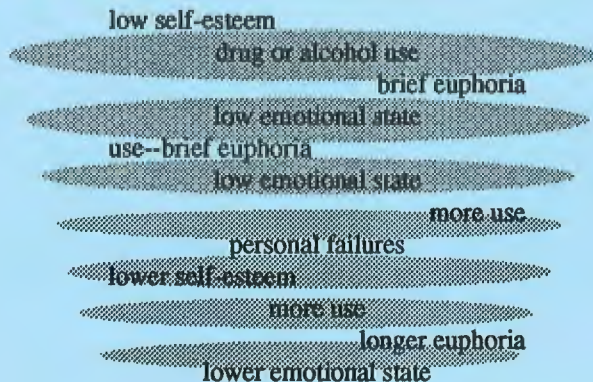
**DON'T DRIVE DRUNK, OR RIDE WITH ANYONE WHO DOES.**

A message from the Reader's Digest Foundation

# Illusion vs. Reality

We live in a society in which drug use has become acceptable. Do you have a headache? Take a drug. Can't fall asleep? Take a drug. Can't stay awake? Take a drug. Feel down? Take a drug. Want to impress your friends? Too shy to ask for a date? Wanna have fun at a party? Take a brand of alcohol just for you.

Alcohol certainly gives the illusion of a big payoff in terms of making us feel good or helping us get something we want. But the fact is, using alcohol has costs--costs that can become immeasurably higher than any payoff. For example, consider the downward spiral created by alcohol use. Using alcohol leads to an initial feeling of euphoria (a high). This is followed by a slump (sometimes a hangover) which seems like a good reason to repeat the use. It results in a downward spiral like the one depicted below



The advertising industry exposes us to thousands of messages per day, many aimed at convincing us that there is a big payoff for using alcohol. But stop and think--is alcohol really necessary to have a good time, to celebrate life, to have positive relationships? What role does alcohol use play in creating problems rather than solving them? Does the alcohol industry really have our best interest at heart?

This edition of the Ouachi-Talk contains information designed to help you sift through the illusion and get to the reality, so that you can make intelligent choices. Fortune or misfortune is your choice!

(Adapted from Dave Ellis, Becoming a Master Student, College Survival, 1985)



# Test Your Alcohol IQ

1. How many calories are there in a six-pack

a) 100

b) 200

c) 300

d) 400

2. How many calories does one burn drinking beer

3. What drug has been linked with the highest incidence

a) violence and aggression in both animal and human

b) crack

c) PCP

d) alcohol

e) heroin

4. How many freshmen will drop out of college due to

a) alcohol-related causes next year?

b) 10,000

c) 30,000

d) 42,000

e) 120,000

5. Approximately how many of today's students will

a) eventually die of alcohol-related causes?

b) 300,000

c) 100,000

d) 50,000

e) 20,000

6. What percentage of drownings are alcohol-related?

a) 33%

b) 48%

c) 35%

d) 59%

6. Which has the most alcohol?

a) can of beer

b) glass of wine

c) shot of liquor

d) all the same

7. In the age of university budget cuts, student expenditures for alcohol far exceed the operating costs for running the library on campus. Nationwide, students spend \_\_\_\_\_ on alcohol each year.

a) \$2 million

b) \$30 million

c) \$100 million

d) \$5.5 billion

8. Which of these 21 year-olds is likely to have more alcohol-related problems?

a) fraternity member

b) honor student

c) organic chemistry major

d) person not in college

9. Which 21 year-old group drinks more?

a) college students

b) those not attending college

10. What is the #1 cause of headaches, sprained ankles, broken arms, car crashes, rapes, death, and shattered dreams?

a) studying

b) extracurricular activities

c) dining hall food

d) alcohol

Answers:

1) b 2) c 3) d 4) a 5) d 6) d 7) d 8) a 9) a 10) d

line is a mocker and strong drink a brawler, and whoever is intoxicated by it is not wise.

Proverbs 20:1





**There's a problem if you or someone you know:**

**Drinks to Cope**  
(with pressures of school,  
life) or escape from  
problems.

**Drinks Often** to the point of  
intoxication.

**Goes to Class** or to work  
while intoxicated.

**Drives** while intoxicated.

**Is Injured** (seriously enough to  
require medical attention) as a  
result of drinking.

**Gets in Trouble** with  
law as a result of drinking.

**Drinks more and more** to  
achieve the same effect.

**Denies** the possibility of a  
drinking problem.

**Experiences Blackouts**  
loss of memory.

**Shows frequent Moodiness,**  
irritation and anger, without  
apparent cause.

**Has Physical Complaints**  
relating to alcohol use, such as  
fatigue, weight change, etc.

**Relies on alcohol** of  
relieve pain, tension.

This Alcohol Abuse Awareness Campaign was made possible in part through a grant generated  
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